

Variable	Mean	SD	Min	Max
Age	38.5	12.5	18	65
Gender	0.5	0.5	0	1
Marital status	0.7	0.5	0	1
Education	12.5	2.5	9	16
Income	3500	1500	1000	8000
Health status	0.8	0.4	0	1
Stress level	4.5	1.5	1	7
Life satisfaction	5.5	1.5	1	9
Work-life balance	6.5	1.5	1	9
Family support	7.5	1.5	1	9
Community support	8.5	1.5	1	9
Overall well-being	7.5	1.5	1	9

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Marital status	0.7	0.5	0	1
Education	12.5	2.5	9	16
Income	3500	1500	1000	8000
Health status	0.8	0.4	0	1
Exercise frequency	0.3	0.5	0	1
Stress level	0.6	0.5	0	1
Sleep quality	0.7	0.4	0	1
Work satisfaction	0.5	0.5	0	1
Life satisfaction	0.6	0.5	0	1
Depression score	0.4	0.5	0	1
Anxiety score	0.3	0.5	0	1
Resilience score	0.5	0.5	0	1
Optimism score	0.6	0.5	0	1
Gratitude score	0.7	0.4	0	1
Forgiveness score	0.8	0.3	0	1
Self-compassion score	0.9	0.2	0	1
Emotional regulation score	0.7	0.4	0	1
Prosocial behavior score	0.6	0.5	0	1
Life purpose score	0.5	0.5	0	1
Meaning in life score	0.6	0.5	0	1
Existential well-being score	0.7	0.4	0	1
Overall well-being score	0.8	0.3	0	1